



# WOMEN CELL

## IQAC, SARAIGHAT COLLEGE

Changsari, Kamrup (Assam), 781101

Ref. No-

Date:

To, The Principal of Saraighat College, Chongasari  
Subject: Request for Permission to conduct Awareness Programme  
on Menstrual Hygiene.

Dated: 17/12/2025

Respected Sir,

I hop this message finds you well. I am writing to seek your kind permission to organized an Awareness Programme on Menstrual Hygiene for the Girls' students of our college. The purpose of this programme is to educate students about the importance of menstrual hygiene, address common myths and misconceptions, and promote healthy practices.

We kindly believe this this initiative will create a supportive and informed environment within our college and contribute positively to the health and confidence of our students

So, we kindly request your approval to conduct this programme at a suitable date and venue

your convenience

Thanking you in anticipation.

Yours Sincerely  
Bhanu Hazarika  
Convener, Women Cell, IQAC

Allowed  
17/12/2025  
Principal  
Saraighat College

# Awareness of Menstrual Hygiene Among Girls Students

classmate

Date

Page

Organized by  
Women Cell of IQAC, Saraighat College, Changsari

Date: 23/12/2025

Today on 23/12/2025, under the Women Cell, IQAC, an awareness programme on Menstrual Hygiene Among Girls student was organized for the college girls student. At the event, Dr. Konika Medhi, a senior Associate Professor from the Assamese department serve as the Resource person. She is assisted by the professors of the Geography department, Dr. Bhanu Hazarika, Dr. Shashwati Nath and Naregish Begum. In the program, resource person Dr. Konika Medhi very nicely explained to the students about menstrual hygiene. The students benefit quit a bit from this program.

## Resource Person

- 1) Dr. Konika Medhi (HOD of Assamese) <sup>Konika Medhi</sup> <sub>23.12.2025</sub>  
Saraighat College
- 2) Dr. Bhanu Hazarika (Convenor <sup>Women Cell</sup> ~~IQAC~~) <sub>23/12/25</sub>
- 3) Dr. Shashwati Nath (Member ~~IQAC~~ Women Cell) <sub>23/12/25</sub>
- 4) Dr. Latika Deka (Member Women Cell) <sub>23/12/25</sub>
- 5) Dr. Sangita Barman (Member Women Cell) <sub>Sangita Barman</sub>
- 6) Miss Niteopama Roy (Member Women Cell) <sub>23/12/25</sub>
- 7) Bonti Baruah (Librarian) <sub>Bonti Baruah</sub>
- 8) Dr. Mouchumi Mahanta (Asst Prof) <sub>23.12.2025</sub>
- 9) Dr. Debjani Das (Assoc Prof) (HOD, English) <sub>23/12/25</sub>
- 10) Dr. Farida Sultana Haque (HOD, Assamese) <sub>23/12/25</sub>
- 11) Mrs Kakali Baruah (HOD, Anthropology) <sub>23/12/25</sub>

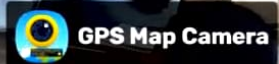
## Signature of Students

- 1) Manashi Kumar
- 2) Chandrama Das
- 3) Barnali Deka
- 4) Bhabana Nath
- 5) Sumiya Begum.
- 6) Narmen Choudhury.
- 7) Jubly Nasrin
- 8) Prity Lahkar.
- 9) Trishna Devi Nath.
- 10) Jyotika Boro
- 11) Arpana Deka
- 12) Arpita Nath
- 13) Yuvraaj Deka
- 14) Rohit Das
- 15) Sayasri Deka.
- 16) Nishita Baruah
- 17) Dhritashree Nath
- 18) Himasri Kalita
- 19) Rituparna Baishya
- 20) Akashi Kalita
- 21) Barnali Kalita
- 22) Himashree Kalita
- 23) Bhitali Kalita
- 24) Bhitali Kalita
- 25) Naima Sultana
- 26) Sonia Begum
- 27) Rabina Begum
- 28) Padmini Joti Deka.
- 29) Ajmaul Borah
- 30) Lipsika Nath
- 31) S. Samya Das
- 32) Manashi Nath
- 33) Bhumika Nath
- 34) Karishma Borzo
- 35) Kritonjale Kalita
- 36) Pimpi Deka
- 37) Sibani Kaibarta
- 38) Lina Das.
- 39) Angkita Das
- 40) Nargish Begum




Awareness of Menstrual Hygiene Among Girl Students  
Organized by Women Cell of IQAC Sarvaghat College, Changsari

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